

Gary January 2023
Inter-Lakes Community Action Partnership
60's Plus Dining Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> Ham Baked Potato Peas Fruit Whole Grain Bread	<u>3</u> Sloppy Joe/ Bun Potato Wedges Vegetable Fruit	<u>4</u> Chicken Strips Au Gratin Potatoes Green Beans Fruit Whole Grain Bread	<u>5</u> Hot Beef Commercial Mashed Potatoes/Gravy Carrots Fruit Whole Grain Bread	<u>6</u> BBQ Chicken Sweet Potato Fries Lettuce Salad/ Tomatoes Pears Whole Grain Bread
<u>9</u> Ham & Scalloped Potatoes Green Beans Fruit Whole Grain Bread	<u>10</u> Meatloaf Baked Potato Carrots Fruit Whole Grain Bread	<u>11</u> Tacos with meat, cheese, lettuce, tomato, shell Diced Potatoes Mixed Fruit	<u>12</u> Chicken Mashed Potatoes/Gravy Peas & Corn Fruit Whole Grain Bread	<u>13</u> Fish Baked Potato Stewed Tomatoes Fruit Whole Grain Bread
<u>16</u> Hot Hamburger Mashed Potatoes/ Gravy Corn Fruit Whole Grain Bread	<u>17</u> Goulash Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>18</u> Creamed Chicken over Biscuits Diced Potatoes Peas Fruit	<u>19</u> Hot Pork Combo Mashed Potatoes/Gravy Tomato Spoon Salad Fruit Whole Grain Bread	<u>20</u> Meatballs Baked Potato Green Beans Fruit Whole Grain Bread
<u>23</u> Sausage Gravy over Biscuits Diced Potatoes Carrots Fruit	<u>24</u> Baked Chicken Mashed Potatoes/ Gravy Pea Salad Fruit Whole Grain Bread	<u>25</u> Chili Soup Cornbread Coleslaw Fruit Crackers	<u>26</u> Beef Tips Mashed Potatoes/Gravy Lettuce Salad/ Tomato Fruit Whole Grain Bread	<u>27</u> Fish Cheesy Potatoes Green Beans Fruit Whole Grain Bread
<u>30</u> Spaghetti/ Meat Sauce Lettuce Salad/ Tomatoes Fruit Whole Grain Bread	<u>31</u> Tater Tot Hotdish Vegetable Fruit Whole Grain Bread			

Note: Each meal will consist of 3 oz of cooked protein, Whole Grain Bread, and 8 oz of 1% milk, 1 ½ cups of fruits and vegetables (fillers like Jello, pudding, and toppings don't count towards the fruit component) 1 ¼ c. of soup is a serving when it is served. Menus subject to change without notice with approval of Program Director. The minimum suggested donation is \$4.00 per meal. **Please call the Alibi for reservations, 605-272-5630.**

Serving time starts at 11:00am.